



RADFORD ROADRUNNERS  
200 GEORGE STREET  
RADFORD, VA 24141  
<http://va-radford.civicplus.com>

# September 2015

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## VAN TRIPS WITH THE RADFORD ROADRUNNERS

Thursday, September 17, 2015 at 9:00 a.m.

Hamrick's, Roanoke, VA. Transportation fee: \$3.00.

Thursday, September 24, 2015 at 9:30 a.m. a.m. Mercer Mall, WV. Lunch on your own at K & W Cafeteria. Transportation fee: \$3.00.



## AARP Potluck Luncheon

The Radford Chapter AARP will be held on the third Wednesday of every month at 12:30 p.m. until 2:30 p.m.

12:30-1:30 lunch, 1:30-2:00 business and special program

**Guest Speaker:** Dr. Lanier, Poetry Reading-Retired RU English Professor-Appalachian Studies For further information please contact President Buster Weeks at 639-1788 or Vice President Audrey Caldwell at 731-5517.



## BRIDGE

Bridge will be played every Monday at 10:00 a.m.—1:00 p.m. For further information please contact Audrey Caldwell at 731-5517.

## CANASTA

Canasta will be played every Monday at 1:00 p.m. For further information please contact Audrey Caldwell at 731-5517

## Free Tatting Class

Radford Senior Center will offer **Free Tatting Classes** on Wednesday September 2, 2015 and Wednesday, September 16, 2015 at 1:00-3:00 p.m. with Instructor, Lois Banyai.

**\*This class will take you from an absolute beginner to a competent shuttle tatter...Make your own doily, greeting card, jewelry, flower etc.** Please contact Audrey Caldwell at 731-5517 for further information.

## Scrapbook Classes

Scrapbook Classes will be offered on Wednesday, September 2 and 23, 2015 at 10:00 a.m.-5:00 p.m. Come by and enjoy scrapbooking all day with leader Lynn Wright. For further information please contact Audrey Caldwell at 731-5517.

## FREE BLOOD PRESSURE CLINIC

Staff from Carilion Home Health Care will be at the Radford Senior Center on the first Friday of every month from 9:00-10:30 a.m. to do a blood pressure screening. For further information, please contact Audrey Caldwell at 731-5517.

## MEDICARE COUNSELING

Buster Weeks will be available to answer any Medicare, Advantage Plans, Supplements and Part-D questions you may have by appointment only. For further information, please contact Audrey Caldwell at 731-5517.

## Third Friday Blood Pressure Clinic

Staff from Medi Home Health & Hospice will be at the Radford Senior Center on the Third Friday of every month from 9:30 a.m.—10:30 a.m. to do a free Blood Pressure Clinic. For further information, please contact Audrey Caldwell at 731-5517.

## Grandparents Day Cookie Social

Radford Senior Center is pleased to join forces with Medical Services of America and offer Grandparent's Day Cookie Social! You show us how you love us in so many ways; so join us for a Cookie Social to celebrate your special day. Guest Speaker, Hilda Burnette will talk about Epic Grand-Parenting. Join us for this special celebration with free refreshments, guest speaker and door-prizes on Thursday, September 10, 2015 at 1:30 p.m. at Radford Parks & Recreation Department in multi-purpose rooms 3 and 4. \*Even if you are not a grandparent, please come and help make this day special.



# WATERCOLOR CLASSES

Radford Senior Center will offer "Art of the Watercolor Miniature" with Instructor Harriet Anderson. Fee will be \$7.50 per person, per class. Classes meet on Friday, September 4, 11, 18, and 25, 2015.



## SILVER SNEAKER FITNESS PROGRAM

Radford Parks and Recreation offer Silver Sneaker Fitness Classes every Monday and Wednesday at 11:45 a.m.-12:20 p.m.

Fee: \$15.00 Resident \$25.00 non Residents

**\*FREE TO ALL SILVER SNEAKER MEMBERS\***

For further information, please contact Audrey Caldwell at 731-5517.

## 2015 Wohlfahrt Haus

Radford Senior Center will be visiting the Wohlfahrt Haus on the following dates:

Wohlfahrt Haus Musicals For 2015

**7 Brides for 7 Brothers: October 15, 2015**

**A Wohlfahrt Haus Christmas: December 3, 2015**

## 2015 Southern Christmas Show

Radford Parks & Recreation Department will offer a Sunshine Tour to Charlotte, NC 2015 Christmas Show on Thursday, November 19, 2015 at 6:45 a.m.

Registration began Monday, August 3, 2015

Fee: \$38.00 each (for full bus load)



Over 150 benches are available to sit and rest throughout the show, also seating is available at many of the food areas. Standard size push wheelchairs are available on a first come basis at the entrance coat check. Rental is \$1.00

The food service at the building will have cafeteria style food, as well as concession-style food, try a strudel, roasted nuts, hot Pretzels, or many more show favorites.

For further information, please contact Audrey Caldwell at 731-5517.



## Ceramic Classes

Radford Parks and Recreation offer Ceramic classes every Tuesday beginning at 10:00 a.m. Participants are invited to bring a covered dish to share with others during lunch.

**Table fee: \$2.00**

## Triad

Triad meetings will be held every second Wednesday of every month at 10:30-11:00 a.m. Come on out and listen to Sheriff, Mark Armentrout discuss the latest issues or scams that involve the senior population. A special guest speaker will be presented each month. Each participant has an opportunity to win a door prize. For further information please contact Audrey Caldwell at 731-5517.

## Stampin Up Class

Come join us at Radford Senior Center on Thursday, September 17, 2015 at 10:00 a.m.—12:00 noon and see for yourself how beautiful these greeting cards are. Jo Johnson, Stampin Up Demonstrator will help you inspire, create and share your beautiful card creations with this Stampin Up class. Fee: \$12.00. Registration is required. For further information, please contact Audrey Caldwell at 731-5517.

## AARP Safety Driving Class

The Radford Chapter AARP will offer a Defensive Driving Class at Radford Parks and Recreation Department.

This program will teach attendees road safety and driving tips as well as heighten awareness about the effects of slower reflexes.

Attendees can qualify for a certificate that may lower premium rates for auto insurance coverage. Attendees must be present for both classes to be eligible for the certificate.

Fee: \$ 15.00 AARP Members  
\$ 20.00 Non-members

Monday, October 12, 2015 at 9:00 p.m.—1:00 p.m.

Tuesday, October 13, 2015: at 9:00 a.m.—1:00 p.m.

**Please call 731-5517 to pre-register today!**



## Special Recognition

Radford Senior Center is pleased to announce Larry Dobbins as Senior of the Month. Larry attended Radford High School and then continued his studies at New River Community College. Although born and raised in Radford, VA, Larry has made Snowville his home for the past 20 years. A recent widower, after seventeen years of marriage to his wife Patsy. He has two children Tracy and Eric, five grandchildren, Marcus, Amber, Gabe, Jackie and Gill.

Larry retired from Hercules Inc. in 1994 after twenty eight years of service where he served as a Lt. Security Police Officer. He has attended Gethsemane Baptist Church located in Radford, VA for the past thirty years where he is an active volunteer.

During 1960-1964, Larry proudly served his country in the United States Marine Corp.

In his spare time he enjoys walking and spending time with his dogs; in addition to watching movies. He also enjoys going to softball games and spending quality time with his grandchildren.

Larry occupies his time working out in the Radford Recreation Department weight rooms as well as playing canasta at the Radford Senior Center. He is currently a member of the Friday Canasta Club held once each month. He is an active member of the VFW Post 1184 and volunteers for the Pulaski County Rescue Squad.

Larry wants to encourage others to stay active if they can. His favorite quote is “getting old, is not for sissy’s”.



## Senior of the Month

## Co-sponsored Programs

### Vegetarian Awareness

Learn the benefits of being vegetarian, sample vegetarian recipes at Christiansburg Parks and Recreation on Wednesday, September 9, 2015 at 10:00 a.m. Pre-registration begins April 6, 2015 through September 2, 2015.

### FORT VAUSE HISTORY

Fort Vause was a palisaded fort in Eastern Montgomery County, attacked and burned by the Indians during the French and Indian War. Jim Glanville, an author and expert on history of Southwest Virginia, will give his presentation “What do we really know about the June 1756 attack on Fort Vause?” Discover a bit of history with a visit to the Meadowbrook Branch of the Montgomery Museum housing artifacts, documents and photos of the region. Join us on Thursday, September 10, 2015 at 11:00 a.m.—1:00 p.m. at Meadow Brook Community Center. Bring a covered dish to share of the luncheon. Registration deadline is September 4. FREE

### Lima Bean Auction

Enjoy a fall picnic at Eastern Montgomery Park on Tuesday, September 22, 2015 at 11:00 a.m.—2:00 p.m. Southern Care will host a lima bean auction. This fun auction will feature Kathleen, “a certified Southern Care lima bean auctioneer” who will give each participant a bank of lima beans to bid with. Items up for auction may include personal care items, cleaning products, candy and food items. Enjoy this fun competitive event as you plan your strategy to acquire unique items in the auction. Lunch will be hotdogs and hamburgers, side dishes and dessert. Rain location is the Meadowbrook Community Center. Registration deadline is September 15, 2015. Fee: \$8.00

### End of Life Planning

Often felt as an uncomfortable topic, this presentation will provide participants with important information about the benefits for funeral pre-planning. On Monday October 5, 2015 at 5:30 p.m. at Blacksburg Senior Center learn about the choices and decisions that have to be made, presented by Cindy, Turner, Family Services Counselor for Memorial Gardens of the NRV. Registration deadline is September 28, 2015 Fee: Free

### Halloween Bingo

Join us for bingo, refreshments and fun with your friends on Friday October 30, 2015 at 11:00 a.m.—1:00 p.m. at Christiansburg Recreation Department. Fee: \$4.00 per person. Registration begins September 15-October 23, 2015.

### Medicare Fraud

How to Protect, Detect & Report-Virginia Senior Medicare Patrol is a consumer education and information project with the goal to empower and assist Medicare beneficiaries, their families and caregivers about Medicare Fraud. Join us on Wednesday, October 7, 2015 at Blacksburg Senior Center with guest speaker Sara Noggle. Free





# September 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1. 10:00 a.m. Ceramic Class  1:00 p.m. Beginning Canasta	2. 10:00-5:00 Scrapbooking Class  <b>1:00 p.m. Free Tatting</b>	3.  10:30 a.m. Thursday Bridge Club	4. 9:00-10:30 a.m. Free Blood Pressure Clinic 10:00-12:00 Noon Watercolor Class	5.
		8. 10:00 a.m. Ceramic Class  1:00 p.m. Beginning Canasta	9. 10:30 a.m. Triad  1:00 p.m. Wednesday Bridge Club	10. 1:30 p.m. Grandparent's Day Cookie Social	11. 10:00-12:00 Noon Watercolor Class 	12.
13.	14. 9:00 a.m. Senior Walk 10:00 a.m. Bridge  1:00 p.m. Canasta	15. 10:00 a.m. Ceramic Class  1:00 p.m. Beginning Canasta	16. 12:30 p.m. Radford Chapter AARP Luncheon <b>Guest Speaker Dr. Parks Lanier</b> <b>Poetry Reading</b> <b>1:00 p.m. Free Tatting</b>	17. <b>9:00 a.m. Van Trip Hamrick's</b>  10:00-12:00 Noon Stampin Up	18. 10:00-12:00 Noon Watercolor Class  9:30 a.m.-10:30 a.m. Free Blood	19.
20.	21. 9:00 a.m. Senior Walk  10:00 a.m. Bridge 1:00 p.m. Canasta	22. 10:00 a.m. Ceramic Class  1:00 p.m. Beginning Canasta	23. 10:00-5:00 Scrapbooking Class	24. <b>9:30 a.m. Van Trip Mercer Mall, WV</b>	25. 10:00-12:00 Noon Watercolor Class  12:00 Noon Friday Canasta Club	26.
27.	<b>28.</b> 9:00 a.m. Senior Walk 10:00 a.m. Bridge 1:00 p.m. Canasta	29. 10:00 a.m. Ceramic Class  1:00 p.m. Beginning Canasta	30.			